

Light Bites

Quinoa Salad

Quinoa grains with rocket and pomegranate
Olive and sun kissed tomato, toasted almonds and balsamic dressing

€8.50 Add chicken €2.00

8(Almonds), 12

Waves Chicken Caesar Salad

Baby gem cos, Smokey bacon, Caesar dressing,
rustic croutons, parmesan cheese

Starter €8.50/Main €12.50

1(Wheat), 3, 4, 6, 7, 10, 12

Marinated Beetroot Carpaccio Salad

Crumbled goat's cheese and baked apple sauce

Starter €8.50/Main €12.50 Add chicken €2.00

7, 12

Waves Soup of the Day

Served with fresh bread

€5.75

1(Wheat), 3, 7, 9, 12

Atlantic Seafood and Smoked Fish Chowder

Served with fresh bread

€8.95

1(Wheat), 2, 4, 7, 8(Pine nuts), 9, 12, 14

Create your own sandwich

Choose up to 4 fillings from the choice below, toasted or plain, brown or white

All sandwiches are served with house salad and skin on chips

Cheese, tomato, onion, salad, egg, ham, tuna, bacon, chicken

Plain sandwich €6.50 Add soup €11.00

Toasted €7.50 Add soup €11.50

1(Wheat), 3, 4, 6, 7, 10, 12

Homemade Fish Cake

Golden crumbed fish cake, garnished with potato wrapped prawn tail,
tossed baby leaves and cucumber pickle

Starter €7.95/Main with chips €15.50

1(Wheat), 2, 3, 4, 7, 9, 12

House Spiced Chicken Wings

Crispy chicken wings tossed in our hot sauce served the classic way!

Starter €7.95/Main with chips €15.50

1(Wheat), 3, 7, 9, 10

Golden Crumbed Button Mushrooms

With roast garlic dip and tossed baby leaves

€7.95

1(Wheat), 3, 6, 7, 12

Allergen information: 1. Wheat, 2 Crustaceans, 3 Eggs,
4 Fish, 5 Peanuts, 6 Soybean, 7 Milk,
8 Nuts, 9 Celery, 10 Mustard, 11 Sesame Seeds,
12 Sulphur dioxide, 13 Lupin, 14 Molluscs

Pizza

Mighty Meaty

*Slow roast chicken, pepperoni, salami and ham
tomato sauce and Mozzarella*

€15.95

1(Wheat), 7, 9, 12

Vegan Mediterranean

*Sun dried tomato, olive, rocket and tomato sauce
Vegan mozzarella and vegan feta cheese*

€14.95

1(Wheat), 6, 9, 12

Classic Margherita

Tomatoes and Buffalo Mozzarella

€14.00

1(Wheat), 7, 9, 12

Pasta

Traditional Irish Beef Lasagne

*Irish beef Bolognese with lasagne pasta and cheese sauce,
green salad and house fries*

€15.50

1(Wheat), 6, 7, 9, 12

Homemade Vegan Lasagne

*Roast Mediterranean vegetables, sun-kissed tomato,
vegan cheese and house fries*

€13.95

1(Wheat), 6, 9, 10, 12

Wild Mushroom Ravioli

Mushroom Cream and Confit Tomato

€13.95

1(Wheat), 3, 7, 9, 10

House Favourites

The Blu Beef Burger

*Irish local beef burger, in a toasted Brioche bun, Andersons Ale onion jam,
salad, ranch dressing, plum tomato, grilled cheese
and house fries*

€15.95

1(Wheat), 3, 7, 12

Crispy Chicken Tower Burger

*Crispy buttermilk Irish chicken fillet, Brioche bun, salad,
ranch dressing and house fries*

€15.50

1(wheat), 3, 7, 10, 12

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Seared Fillet of Salmon

With creamed potato, wilted baby spinach, spring onion and ginger dressing

€17.50

4,7,12

Anderson's Ale Battered Cod and Chips

Fillet of cod in local craft beer batter, home pickled cucumber tartar and house fries

€16.75

1(wheat, oat, barley),3,4,7,12

Red Split Pea, Butternut and Cilantro Indian Dahl

With coconut rice and roti

€12.50

1(wheat)

Pork and Leek Bangers

Served with smooth mash, Andersons Ale onion jam and roast gravy

€14.95

1(wheat, oat, barley),7,9,10,12

Double Vegan Burger

Curried cauliflower and beetroot patties topped with melted cheese in a pretzel bun with salad, thousand island sauce and house fries

€15.50

1(wheat),9,12

Tender Irish 8oz Sirloin Steak

Rocket and parmesan truffle salad, grilled mushroom and roast vine tomatoes, Jameson pepper sauce and house fries

€26.95

6,7,9,10,12

Fragrant Green Thai Vegetable Curry

With coconut rice and roti

€13.95

1(wheat)

Tender Chicken Curry

With coconut rice and roti

€15.50

1(wheat)

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On The Side

Champ Potatoes

€4.00

7,12

House Fries

€4.00

traces 1(wheat)

Cheesy Garlic Bread

€4.50

1(wheat),7

Market Vegetables

€4.50

7

Side Salad

€3.50

12

Something Sweet

Warm Apple and Berry Crumble

Vanilla Ice Cream

€6.45

1(Wheat),3,7,12

White Chocolate, Banana and Peanut Pudding

Mint Chocolate Ice Cream

€6.45

1(Wheat),3,5,7

Salted Caramel and Popcorn

Cheesecake

Rum and Raisin Ice Cream

€6.45

1(Wheat),7

Sticky Toffee Pudding

Toffee Sauce, Honeycomb Ice Cream

€5.95

1(Wheat),3,7,12

Vanilla Crème Brûlée

Shortbread Biscuit, Blackberry Sorbet

€5.95

1(Wheat),3,7

Coconut Panna Cotta

Pineapple Tuille

€5.95

Product Origin

Our Fresh Fish: Albatross Seafoods Killybegs **Local Butcher:** William Clarke and Sons Ltd

Our Fruit and Vegetables: Total Produce Organic Herbs and Vegetables from Rossinver Co. Leitrim

Beef: Damien Carty - Drumnagranshy, Keash, Ballymote Co. Sligo Herd No; U1231908

Lamb: Damien Treacy – Heathlawn, Killimor, Ballinasloe, Co. Galway **Pork:** John Corrigan - Aughavas, Co. Leitrim

Poultry: Crossgar, Co. Down

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Kids Menu

Sightseeing Starters - €2.40

Sun Soaked Soup

Soup of the Day

1, 3, 7, 9

Shake it Salad

Mini Caesar Salad with Baby Gem, shaved Parmesan, Herb Croutons and Caesar Dressing

1, 3, 4, 7

Holidaying Hummus

Chickpea and Sesame Hummus with Vegetable Sticks

9, 11

Marvelous Melon

Fresh Fruit and Coulis

Main Destination - €6.00

Beach Life Bolognese

Pasta of the day, with Bolognese Sauce and Parmesan

(1, 3, 7, 12)

Faraway Fish

Crispy Cod Goujons, Side Salad and Chips

(1, 3, 4, 7)

Break Time Bangers

Mash and Gravy

(1, 7, 12)

Citybreak Chicken

Crumbed Chicken Breast, Fries and Garden Peas

1, 3, 7

Discovered Desserts - €3.60

Festival Fruits

Fresh Fruit Salad

Sunny Scoops

Ice Cream, choose two scoops from Strawberry, Chocolate and Vanilla, then top it with Chocolate Sauce or Sprinkles

1, 7, 6

Pack Up Profiteroles

Covered in Chocolate

1, 3, 7

Ciao Crumble

Vanilla Pod Ice Cream

1, 3, 7, 12

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Recommended White Wines & Wines by Glass

			Glass 175ml	Bottle
101	Cuna Del Sol, Sauvignon Blanc Chile This wine has summer-time scents of hawthorn and elderflower with bright juicy flavours of nectarine and pink grapefruit.	2018	€6.75	€26.50
102	Odd Socks, Semillon-Chardonnay Australia Aromas of banana, ripe peach and tropical fruit, which reappears on the balanced palate. Great persistence and fresh harmony	2017	€6.95	€28.00
103	Villa Cerro, Pinot Grigio Italy This wine has flavours of red apple and hints of roasted hazelnuts.	2018	€7.50	€28.00
104	Noemie Vernaux, Chardonnay France Crisp, juicy flavours of red apples and honeydew melon, made without oak. It is tangy and refreshing with good length of flavour.	2018	€7.95	€30.00

Rose Wine

601	Les Petites Janelles, France This wine is deep pink coloured. It is fruit forward and aromatic, with nice scents of strawberry, wild cherry and grenadine.	2017	€6.95	€28.00
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Other White Wines

105	Autentico, Macabeo "Organic", Spain Light, fresh, balanced, full of tropical fruit and with just a touch of viscosity that adds body and a longer finish.	2017		€30.00
106	Pa Road, Sauvignon Blanc New Zealand Classically Marlborough with bright fine lime citrus notes and pungent gooseberry aromas	2018		€38.00
107	Picpoul De Pinet, France Lovely pale crystalline green colour. Pleasant nose with aromas of acacia and hawthorn flowers.	2017		€30.50
108	Albarino, Salterio, Spain Full of rich ripe fruit of pear and peach. Balanced with a good acidity and a nice long finish	2017		€32.00
109	Simonsig Chenin Blanc South Africa Vibrant yellow with a green tinge. Beautiful expression of ripe pears and apricots with hints of kiwi fruit and pineapple.	2017		€26.50
110	Gewurztraminer, Vin d'Alsace France Aromas of flowers, spices and exotic fruits such as litchi and passion fruit. Rich, full-bodied and well-structured. Lovely length on the palate.	2013		€40.50
111	Chablis Chardonnay France Pale gold with hints of green, refined bouquet of citrus and white flowers entwined with a light material touch. Fresh, rich mouth balanced by good freshness	2017		€49.50

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Recommended Red Wines & Wines by Glass

			Glass 175ml	Bottle
201	Cuna Del Sol, Merlot Chile An easy drinking red wine with a little hint of vanilla and a light tastiness that comes from oak-ageing.	2017	€6.75	€26.50
202	Terranoble, Cabernet Sauvignon Chile This Cabernet Sauvignon shows blackcurrant and blackberry flavours together with the sweet aroma of vanilla in a deliciously fruity, easy, approachable wine.	2018	€6.95	€28.00
203	Odd Socks, Shiraz Australia This is a full-bodied wine with a deep purple colour and aromas of plum and redcurrant over toasty mocha and spicy oak.	2018	€7.50	€28.00
204	Tig, Tempranillo/Carinena Spain This wine is dominated by vibrant, juicy blackberry and raspberry flavours.	2017	€7.95	€28.00

Other Red Wines

205	Stoneleigh, Marlborough Pinot Noir New Zealand This wine features a bouquet of raspberries and black cherry with a subtle smoky-mocha oak influence	2017		€42.50
206	Sete Cuchillos, Malbec Argentina It has a natural power and strength with rich bramble fruit flavours of blackberries, blackcurrants and plums together with a dark chocolate intensity.	2018		€30.00
207	Podere, Montepulciano D'Abruzzo Italy Ruby red in colour with bold inviting aromas of cherries and spices that explode from the glass that offer a fine, fresh and well-orchestrated palate.	2016		€27.50
208	Autentico, Tempranillo Bobal "Organic", Spain Rounded and well structured, this is an appealing wine in which the hints of red fruit stand out and persist on the palate.	2016		€30.00
209	Club Privado, Rioja Spain It is medium-to-full-bodied with a strawberry and red cherry fruit character and a smooth, velvety texture in the mouth. It is an easy-drinking wine and a great introduction to Rioja.	2016		€36.00
210	Bodegas Muriel, Rioja Crianza, Spain The palate is wide and elegant, with a clean aftertaste. Matches well with appetizers, all kinds of tapas, game and mild cheeses.	2015		€32.95
211	Baron De Boutsse, Grand Cru Classe France Baron Boutsse offers a full and well-balanced structure. Aged in vats and barrels, this blend has a wonderful fruitiness, and nicely rounded. It charms by its accessibility, and its immediate pleasure	2015		€47.50
212	Domaine de Presie Fleurie, Gamay France Golden in colour with aromas of citrus fruits, almond and hazelnut resulting in a full and plump taste on the palate	2015		€42.50

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Half Bottles

White wine

301	Mc Torreon Valle De Rengo, Sauvignon Blanc <i>Chile</i>	2017		€16.95
	Smooth and well-rounded with soft tannins that provide a long and pleasant finish			

Red wine

303	Mc Torreon Valle De Rengo, Merlot <i>Chile</i>	2017		€16.95
	Crisp with a well-balanced acidity and a long finish			

Non Alcoholic

White wine

			Glass 175ml	Bottle
401	Torres, Natureo Muscat <i>Spain</i>	2018	€5.85	€22.95
	A pale-yellow wine which offers seductive aromas of white flowers and fresh fruit (quince, Guyot pear). The palate is warm, silky and very flavourful.			

Red wine

402	Torres, Natureo Syrah <i>Spain</i>	2018	€5.85	€22.95
	Brilliant ruby red colour and subtle fruit aromas (red plum, cherry). Smooth, sensual and slightly sweet on the palate.			

Champagne & Sparkling Wine

Prosecco/ Frizzante

501	Bosco, Prosecco Frizzante <i>Italy</i>	N V	€7.50	€35.00
	This is a fruity, aromatic wine that has a floral fragrance and leaves a nice aromatic aftertaste.			
502	Cavicchioli, Prosecco Spumante , <i>Italy</i>	N V		€42.50
	Pale yellow in colour, an intense aroma of candied fruits and sweet flowers and delicate taste with an aromatic finish.			

Champagne

503	Mumm Cordon Rouge	N V		€99.50
	It has hints of apricot; yellow peach and vanilla on the nose give way to palate of rich fruits, nuts and long creamy finish.			
504	Moet & Chandon, Brut Imperial	N V		€119.50
	A complete & elegant blend of more than 200 crus of Pinot Noir, Chardonnay & Pinot Meunier, brut imperial combines generosity & delicacy with maturity & freshness.			

Sparkling wine- Snipe Bottle

505	Cantine Maschio, Prosecco , <i>Italy</i>	NV		€8.95
	A quality sparkling wine with crisp and delicate aromas of apple, a refreshing partner for summery dishes			

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